

Evergreen School District
Child Nutrition Services
K-8 Entrees May 2022-23

**Ingredients and menu items are subject to change or substitution without notice.
Allergen information is for entrée dishes only and does not include any condiments or side dishes.
Please consult a medical professional for assistance in planning for or treating a medical condition.**

Week of May 1, 2023		Carb Count	Dairy	Eggs	Peanut	Tree Nut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Banana Chocolate Chunk Benefit Bar	J&J	48g	X	X						X	X					
Twice Grilled Quesadilla	Integrated	32g	X							X	X					
All American Burger	Integrated	30g								X	X	X				
Tuesday																
Egg & Cheese Breakfast Wrap	MCI Los Cabos	18g	X	X						X	X					
Pizza Pack Lunchables	Ardellas	34g	X							X	X					
Buffalo Style Chicken Stuffed Sandwich	Big Daddy's	31g	X	X						X	X		X			
Wednesday																
Cinnamon Crumb Loaf	Sky Blue Bakery	47g	X	X						X	X					
Cheese Calzone	Buena Vista	45g	X	?						X	X					
BBQ Chicken & Aloha Roll		29g								X	X		X			
Thursday																
Egg, Cheese, Sausage Breakfast Bagel	Tony's	23g	X	X						X	X		X			
Italian Nada	Bell Tasty	31g	X							X	X					
Double Dogs	Michael B's	29g								X	X		X			
Friday																
Mini Cinnis	GM	40g	X								X					
Cheese & Green Chile Tamale	MCI Los Cabos	27g	X							X						
Chicken & Cheese Enchilada & Spanish Rice	MCI Los Cabos	36g	X							X	X		X			
Cinco De Mayo Holiday Cookie	Fat Cat	24g	X	X						X	X					
Items in GREEN print are meatless			? = Manufactured on equipment or contains trace amounts of this allergen													

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Week of May 8, 2023		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Maple Mini Waffles	Eggo/Kelloggs	36g	X	X						X	X					
Cheesy Pull-Aparts	Ardellas	29g	X								X					
Fun Fish & Fries	Highliner	46g	X					X		X	X					
Tuesday																
Egg & Cheese English Muffin	Bakecrafters	23g	X	X						X	X					
Bean & Cheese Burrito	Fiesta Santa Fe	54g	X							X	X					
Beef Cheeseburger S'witch	Arlington Farms	27g	X	X							X	X				
Wednesday																
Team Cheerios Strawberry Cereal Bar	General Mills	30g									X				V	
String Cheese		0g	X													GF
tein Pack (Crunchmania, No-Nut Butter, Sunflower Seeds)		55g								X	X				V	
Pepperoni Pizza Sliders	Ardella's	31g	X							X	X	X		X		
Thursday																
Breakfast Burrito w Egg Chs Turkey Sausage	MCI Los Cabos	18g	X	X						X	X		X			
Soybutter & Jelly Sandwich	Albies	53g	X							X	X					
Chicken Enchilada Empanada	Albie's	32g	X							X	X		X			
Friday																
Whole Grain Glazed Donut	Bakecrafters	47g	X	X						X	X					
Cheese Pizza Pie	Schwans	28g	X							X	X					
Turkey, Mashed Potatoes, Gravy		18g	X			Coconut				X			X			GF
Whole Grain Dinner Roll	Shannon's	15g								X	X					
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Week of May 15, 2023		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
French Toast Sticks	Michael Foods	26g	X	X						X	X					
Macaroni & Cheese	JTM	30g	X	X							X					
Pepperoni Stuffed Sandwich	Big Daddy's	31g	X	X						X	X	X	X			
Tuesday																
Apple Breakfast Bites	Bakecrafters	38g	X	X						X	X					
Cheese Enchiladas w Beans	Integrated	38g	X							X						GF
Turkey Ham & Cheese Croissant	Tasty Brand	30g	X	X						X	X		X			
Wednesday																
Double Chocolate Chip Muffin Top	Buena Vista	41g	X	X						X	X					
Grilled Cheese Sandwich	Integrated	31g	X							X	X					
Boneless Chicken Wings and Fries	Tyson	37g								X	X		X			
Thursday																
Mini Chicken & Bcuit Sandwich	Tyson	31g	X							X	X		X			
Pizzaboli	Tasty Brand	34g	X								X					
Turkey Taco Nada	Bell Tasty	31g	X							X	X		X			
Friday																
Danimals Strawberry Yogurt	Dannon	14g	X													GF
Rockin' Ola w Chocolate	Rockin'Ola	21g													V	GF
Jalapeno Breadstick Bites	Wild Mike's		X								X					
Teriyaki Chicken & Brown Rice	Schwans	37g					X			X	X		X			
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Week of May 22, 2023		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
Breakfast Egg & Cheese Taco	Michael B's	16g	x	x						x	x					
Whole Grain Cheese Lasagna	Tasty Brand	38g	x							x	x					
Fully Loaded Cheeseburger Twins	Tyson/Adv Pierre	40g	x								x	x				
Tuesday																
Ultimate Breakfast Round "UBR"	Rich's	44g	x	x						x	x					
Vegan Bean & Rice Burrito	Michael B's	44g									x				V	
Pepperoni Pizza Slice	Wild Mike's	34g	x								x	x		x		
Wednesday																
Chorizo Bolillo	Ardellas	21g	x								x		x			
Teriyaki Vegan Burger	Advance Pierre	10+ 29g			Bun may contain sesame seeds if apparent					x	x				V	
Chicken Taquitos	Michael B's	27g	?										x			GF
Chicken & Cheese Burrito	Los Cabos	32g	x							x	x		x			
Thursday																
Bagel & Light Cream Cheese	Western Bagel	34g	x								x					
Nacho Pretzel Pocket	Buena Vista	38g	x	?						x	x					
Chili Cheese Dog	Integrated	33g	x							x	x	x	x			
Friday																
Buttermilk Twin Bars	Dave's	43g	x	x						x	x					
Rotini Pasta Salad		54g	x	x							x					
Beef Taco Stick	Integrated	32g	x							x	x	x				
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Week of May 29, 2023		Carb Count	Dairy	Eggs	Peanut	TreeNut	Sesame	Fish	Shellfish	Soy	Wheat	Beef	Poultry	Pork	Vegan (V)	Gluten Free (GF)
Monday	Manufacturer															
No School - Holiday																
Tuesday																
Cinnamon Roll	Shannon's	45G	X	X						X	X					
Vegan Kickin' Nuggets & Fries	Rebellyous	32g								X	X				V	
Pizza Nada	Bell Tasty	32g	X							X	X		X			
Wednesday																
Whole Grain Banana Mini Muffin	Daves	20g	X	X						X	X					
String Cheese		0g	X													GF
Cheesy Pull-Aparts, Italian	Pillsbury	32g	X								X					
Corn Dog	Foster Farms	30g		X						X	X		X			
Thursday																
Breakfast Burrito w Bacon	MCI Los Cabos	22g	X	X						X	X			X		
Yogurt, Cheese & Muffin		53g	X	X						X	X					
Pepperoni Pinwheel	ES Foods	40g	X							X	X	X	X			
Friday																
Mini Maple Pancakes	Eggo/Kelloggs	36g	X	X						X	X					
Deep Dish Cheese Pizza	Wild Mike's	34g	X							X	X					
Turkey Taco Nacho Fries		25g	X							X			X			
Tortilla Chips	Arranda's	30g								X					V	GF
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